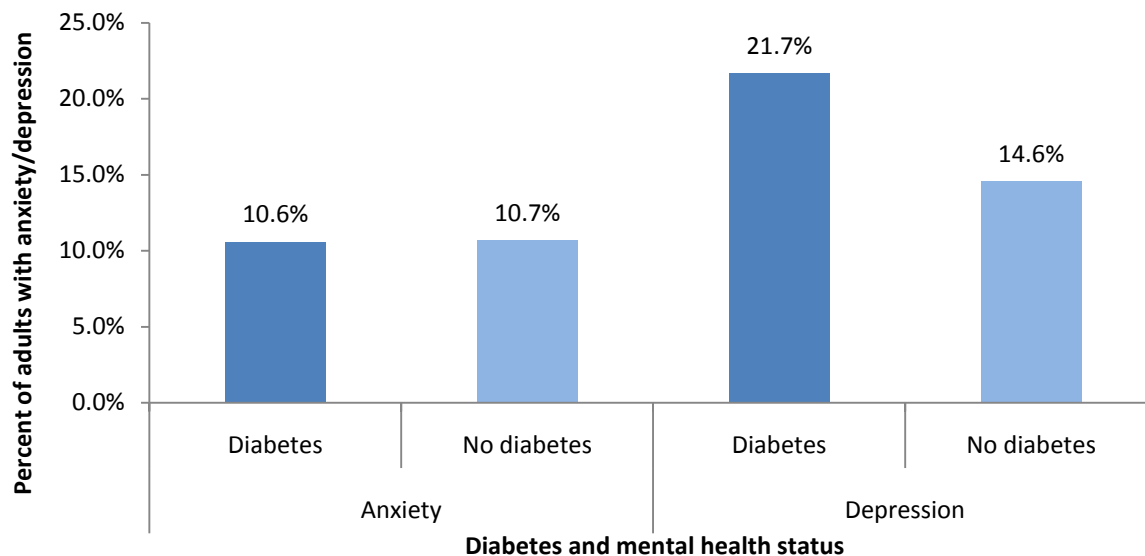


## Diabetes and Mental Health

- Persons with diabetes have an increased risk for depression. In Virginia in 2006, 21.7% of adults with diabetes also report having been diagnosed with depression, compared to 14.6% of adults without diabetes.
- There was no significant difference in anxiety disorder diagnoses between adults with and without diabetes in 2006.

### Prevalence of anxiety and depressive disorders by diabetes status among adults, Virginia, 2006



Source: Behavioral Risk Factor Surveillance System, VA 2006

Data notes: Percents are weighted based on household and demographic characteristics. Anxiety and depression questions were last asked in the 2006 BRFSS.

The 2006 BRFSS assessed prevalence of anxiety and depressive disorders using the following questions:

- “Has a doctor or other healthcare provider ever told you that you had an anxiety disorder (including acute stress disorder, generalized anxiety disorder, obsessive-compulsive disorder, panic disorder, phobia, posttraumatic stress disorder, and social anxiety disorder)?”
- “Has a doctor or other healthcare provider ever told you that you have a depressive disorder (incl. depression, major depression, dysthymia, and minor depression)?”

Sources: BRFSS, VA 2006;

American Diabetes Association: [Living with Diabetes: Depression](http://www.diabetes.org); [www.diabetes.org](http://www.diabetes.org).